

SUMMER 2012
WEEK

8

July 16th to July 20th

Irving Recreation Center Day Camp Newsletter

Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Pack a sack lunch for your child in an insulated container. Microwave use will not be an option.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your camper's name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954

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parks.lincoln.ne.gov



Grades 3rd to 4th

Welcome to Irving Recreation Center!

As a service project we are asking that campers to collect pop-tops and bring them to camp. We will have a collection bin at the front desk. At the end of the summer we will donate them to the Ronald McDonalds House.

THIS WEEK'S HIGHLIGHTS

Monday July 16th

In the morning we will be doing Sleepover Theme Activities. Campers are encouraged to wear their pajamas to camp this day! We will also be walking to Irvingdale Pool. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. In the afternoon we will be having "Just Rec. Time" in the gym. Tonight ask your child: What kinds of things did you find that were older/taller than you?

Tuesday July 17th

In the morning we will be walking to South Branch Library. While we are there we will get the chance to meet some Salt Dog players. We will leave the center at 9:45 and return at 11:45. When we return we will have our tennis lessons. In the afternoon we will go to the Downtown Fire Department for a tour. We will leave the center at 1:30 and **return at 4:30**. Please have your camper wear their purple camp shirt! Tonight ask your child: How much do you think an Ant can carry?

Wednesday July 18th

In the morning we will be doing activities at the center that include Bocce Ball and Fitness. We will also be walking to Irvingdale Pool. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. In the afternoon we will be having "Just Rec. Time". Tonight ask your child: What can we do to build strong muscles so we are strong like an ant?

Thursday July 19th

In the morning we will be doing rotations that include Tennis and Archery. In the afternoon we will be doing rotations. One rotation will include a prep class for our Rock Climbing trip on Friday. We will also be making Paper Plate Frisbees and having a flying contest. Tonight ask your child: What are three interesting things you saw on the hike you can tell someone about?

Friday July 20th

We will be going to UNL's Recreation Center to use the climbing wall. More information is on the back of this page. We will leave the center at 9:00 and will return at 12:30. Please be sure to send your child in their purple day camp shirt and tennis shoes. In the afternoon we will have "Just Rec. Time" in the gym. Tonight ask your child: What do plants have that help them survive?

EMAIL NEWS

Update your email address with the rec. center office to make sure you don't miss any of our weekly email newsletters and/or other important program information!

*FUN*damental
healthy me

A focused program where youth grow

Climbing Adventures with Urban Prairie

Irving Day Camp

3rd-4th Grade

Thursday, July 19th 12:30-2pm

Friday, July 20th 9:30am-12pm



What:

We will learn basic knots and universal commands used for rock climbing; learn how to safely use equipment necessary for rock climbing; and climb at UNL Campus Recreation.

Where:

On Thursday we will be at Irving Rec Center to prepare for Friday's climbing. On Friday we will be at UNL Campus Recreation (14th and Vine Streets).

Goals:

To help each student learn to tie the knots needed for rock climbing

To help each student learn universal climbing commands

To allow each student to experience the sport of rock climbing

To educate students on the social, physical, and environmental benefits of rock climbing

To have a jolly good time

What to wear:

Closed-toe and closed-heel shoes. Any student not wearing closed-toe closed-heel shoes will NOT be able to participate.

What to bring:

A water bottle.

What Urban Prairie will provide:

We will provide equipment and supplies for all participants.

Contact:

If you have any questions about this program please contact your summer day camp site supervisor.

Urban Prairie 2012:

Urban Prairie is a Parks and Recreation program dedicated to outdoor pursuits in Lincoln and Nebraska. Urban Prairie seeks to expose youth and adults to the many outdoor sports and adventures that Lincoln and the Great Plains have to offer, such as hiking, fishing, camping and more. These activities are not only opportunities for a lifetime of exploration and adventure but also provide unique insight into Nebraska's ecosystems and natural resources. Urban Prairie encourages young people to try these new activities, and to appreciate and preserve the environment needed to pursue them. We actively and sustainably engage with Nebraska's natural environment in order to provide engaging and enriching activities to Lincoln's youth.